


CVD Central: Resource Pack

Lipids and Familial Hypercholesterolemia (FH)

 Health Innovation KSS – CVD Prevention Team compiled this resource document. created 1st June 2022, updated September 2024. V2

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Join the CVD Central mailing list: anyone is welcome to click here to: [join our mailing list](#)

Join our new FutureNHS [CVD Central Community of Practice](#) - you will be able to find the recordings and full copy of the slides from a range of topics from CVD webinars

Introduction

High cholesterol is recognised as a significant risk factor for cardiovascular disease with two thirds of those at risk being undertreated. For our patients with hypercholesteremia, one of the ABCs of CVD, we know that for every 1mmol/L reduction in LDL-C there is a massive reduction of them possibly having a CV event of about 23%,

In terms of FH, the scale of the challenge is significant as we know that this condition is more common than people think. FH affects around 1:250 people and the NHS Long Term Plan ambition is to increase finding 25% of the predicted FH patients in England by 2029

Making Every Contact Count (MECC) is an evidence-based approach to improve people's health and wellbeing by helping them change their health behaviours. The NHS Long Term Plan reminds us that every 24 hours the NHS comes into contact with more than a million people at moments that, for those individuals, brings home the personal impact of ill health.

MECC is an approach to behaviour change that utilises the millions of day-to-day interactions that organisations and people have with others to support them in making positive changes to their mental and physical health and wellbeing.

MECC enables the opportunistic delivery of consistent and concise healthy lifestyle information and enables individuals to engage in conversations about their health at scale across organisations and populations.

MECC is not about adding to people's workloads, expanding job descriptions, becoming a health or lifestyle expert/counsellor, or about telling people how to live their lives and what they should or shouldn't do. MECC is about a healthy conversation either as a very brief intervention and signpost, or a more developed brief intervention and signpost. MECC conversations can help plant the seeds of change, even if change is not necessarily made there and then.

For organisations: MECC means providing staff with the leadership, environment, training and information they need to deliver the MECC approach.

For staff: MECC means having the competence and confidence to deliver healthy lifestyle messages, to encourage people to change their behaviour and to direct them to local services that can support them.

For individuals: MECC means seeking support and taking action to improve their own lifestyle by eating well, maintaining a healthy weight, drinking alcohol sensibly, exercising regularly, not smoking, and looking after their wellbeing and mental health.

MECC Training is also available nationally through the e-Learning for Healthcare platform at www.e-lfh.org.uk/programmes/making-every-contact-count and may be available locally through your local authority public health team.

This resource pack is designed to support healthcare professionals running BP detection events in clinical and community settings to adopt the MECC approach to reducing CVD. We have provided the document in a MS Word format to enable you to adapt the resources to suit your local delivery plans. **Wishing you every success in making every contact count.**

Raised Cholesterol and Familial Hypercholesterolaemia (FH)

The purpose of this document is to provide Health Care Professionals with useful resources and tips around lipid management, with a view for these resources to be shared via colleagues' local comms and/or advice and guidance responses.

For those working in clinical practice, it may be useful to create yourself a handy 'lipids management folder' by **printing** out the documents from the 3 links below, so you can refer to them when you see patients for lipid management in your clinic. To note the lipid clinic referral form is available on all Sussex and Kent & Medway GP clinical systems (Emis and SystemOne) via Ardens templates:

Documents to print (3 links below):

1. [National Lipid Management Pathway](#)
2. [Lipid Clinic Referral Form](#)
3. [Inclisiran Pathways](#)

Getting started and identifying your patient cohort

1) Explore the CVDPrevent Audit

The CVDPrevent Audit – <https://www.nhsbenchmarking.nhs.uk/cvdprevent-outputs>

The audit and the data and improvement tool will support quality improvement in primary care for the prevention of CVD in England. They are designed to support organisations to identify variation, trends, and opportunities in the prevention and management of CVD conditions.

Explore the data in your area in the data and improvement tool in this link:

<https://www.cvdprevent.nhs.uk/>

2) Identify patient cohort

The UCLPartners CVD Proactive Care Frameworks provide a platform for optimising clinical care and self-care for people with these high-risk conditions, supporting primary care teams to do things differently and at scale such as:

- enable practices to prioritise clinical activity by stratifying patients who are at the highest risk
- deploy the wider workforce to reduce the workload for GPs
- improve the personalised care offer for patients.

They are free and can be downloaded directly into a practices clinical system and help identify the individuals who would benefit from a review and possible referral.

The following slide packs include pathways and resources to support clinicians treating patients with single or multiple cardiovascular conditions.

- [Atrial Fibrillation](#)
- [Heart Failure](#)
- [Hypertension](#)
- [Lipid management including Familial Hypercholesterolaemia](#)
- [Type 2 Diabetes](#)

The frameworks include:

1. Comprehensive **search tools** to risk stratify patients – built for EMIS and SystmOne
2. **Pathways** that prioritise patients for follow up, support remote delivery of care, and identify what elements of LTC care can be delivered by staff such as Health Care Assistants and link workers.
3. **Scripts and protocols** to guide Health Care Assistants and others in their consultations.
4. **Training** for staff to deliver education, self-management support and brief interventions. Training includes health coaching and motivational interviewing.
5. **Digital and other resources** that support remote management and self-management

Pathways:

NICE-endorsed lipid management pathway

The Accelerated Access Collaborative (AAC) has published an updated version of the NICE-endorsed lipid management pathway to include all treatment options from current treatments as well as newer options. These new cholesterol-reducing drugs are important additional tools in armoury for managing cardiovascular disease. The revised pathway brings multiple NICE guidance and technology appraisals into a single document to aid decision making for clinicians, helping to improve outcomes and reduce variation in treatment.

You can find the updated Lipid Management Pathway [here](#). Also here is a useful [CardiovascularDiseaseFAQ](#) doc.

Lipid management pathways for primary care and secondary care clinicians

Lipid management in England must improve to drive better CVD outcomes and, to address the clinical priority of improved lipid management, a new lipid pathway published September 2024, Link is here: [NHS England » Lipid optimisation pathway: secondary prevention in primary care and the community](#).

The two pathways – one for acute cardiovascular disease in secondary care and one for primary care clinicians – have been developed to provide clear and simple guidance for clinicians on how optimal lipid management may be achieved and provide an additional resource to support patient management.

Click the links below which take you to these two pathways.

These pathways have been updated in June 2024 to take account of the [Cardiovascular disease: risk assessment and reduction, including lipid modification](#) guidance published in December 2023.

- [Lipid optimisation pathway following an acute cardiovascular or peripheral arterial disease event](#)
- [Lipid optimisation pathway for secondary prevention in primary care/the community](#)

The pathways provide an additional resource which can be used to support patient management. They have been developed to support healthcare professionals in implementing NICE and other relevant evidence in lipid management in secondary prevention. These are not comprehensive clinical guidelines setting out all clinical scenarios, nor do they seek to set out the clinical evidence base for interventions which is covered in the relevant NICE Technology Appraisals.

Note: a change to the target levels: For secondary prevention of CVD, aim for low-density lipoprotein (LDL) cholesterol levels of 2.0 mmol per litre or less, or non-HDL cholesterol levels of 2.6 mmol per litre or less. [December 2023]

Indicator CHOL002 will be updated so that it is aligned with the new [NICE indicator NM252](#) definition from 1 April 2024, ensuring that QOF maintains its strong link to the latest evidence-based guidance.

Patient-focused resources from HEART UK:

- **HEART UK** have produced a helpful [animation](#), which may be beneficial to share with your patients, to better understand their cholesterol.
- They also have a range of diet quizzes: [All quizzes - HEART UK](#)
- **Heart UK:** www.heartuk.org.uk/
- **Heart UK - Tackling Cholesterol Together** gives a very useful holistic overview/training/education/resources on managing cholesterol. Link here: [Tackling Cholesterol Together \(heartuk.org.uk\)](#)
- **Cholesterol information leaflets QR Codes:**
For HCPs - [HCP HEARTUK Leaflet QR Codes](#)
For Patient Information - [HEARTUK Understanding Cholesterol Patient Information Pack QR Codes](#)

Education and newsletter for Health Care Professionals (HCPs):

- Primary Care Education Programme – e-learning modules - All e-learning modules in our programme are free of charge. On completion, you'll be asked to fill out a short survey to download your certificate. <https://www.heartuk.org.uk/tackling-cholesterol-together/e-learning>
- HCP e-news – link to register <https://www.heartuk.org.uk/health-professionals/hcp-news>

HEART UK also have a wealth of educational content, specifically for Health Care Professionals, to explore on their [website](#) ranging from E-modules through to Case studies.

Patient information – Lipids, FH and Novel Therapies

The following resources are available online to download and share with patients electronically, in a link by text message or print. They are also available to order for free in hard copies delivered to you ahead of you inviting them in for a review.

- **British Heart Foundation:** www.bhf.org.uk/information-support/risk-factors
- **Inclisiran Patient Booklet:** A patient's guide to Inclisiran may be downloaded via the following link: <https://www.health.novartis.co.uk/sites/health.novartis.co.uk/files/inclisiran-patient-leaflet.pdf> For HCPs link to the Novartis Inclisiran portal page: [Inclisiran ▼ \(Leqvio®\) Resources | Novartis UK HCP Portal](#)
- **Bempedoic Acid and Ezetimibe :**

Short & Long Versions of the Patient Information Leaflets for Nilemdo®▼ (Bempedoic Acid)

[Short version Patient Information Leaflets for Nilemdo®▼ \(Bempedoic Acid\)](#)

[Long version Patient Information Leaflets for Nilemdo®▼ \(Bempedoic Acid\)](#)

Short and Long Versions of the Patient Information Leaflets for Nustendi®▼ (Bempedoic Acid and Ezetimibe)

[Short version Patient Information Leaflets for Nustendi®▼ \(Bempedoic Acid and Ezetimibe\)](#)

[Long version Patient Information Leaflets for Nustendi®▼ \(Bempedoic Acid and Ezetimibe\)](#)

- **PCSK9 inhibitors – Praluent (Alirocumab):**

[Resources | Praluent \(alirocumab\) website for Patients \(mypraluent.co.uk\)](#)

Public Health/Wellbeing Services

Most local authority public health teams commission a variety of wellbeing and behaviour change services that can help patients to reduce their risk of CVD such as stop smoking, weight management and physical activity. You may wish to make contact with your local public health team or service providers to understand what resources or support they may be able to provide for your event or approach to offer CVD checks at your practice or in a community setting.

NICE guidance Shared Decision Making

The [Shared decision making \[NG197\]](#) guideline covers how to make shared decision making part of everyday care in all healthcare settings. It promotes ways for healthcare professionals and people using services to work together to make decisions about treatment and care.

It includes recommendations on training, communicating risks, benefits and consequences, using decision aids, and how to embed shared decision making in organisational culture and practices.

In addition to the guideline NICE have also worked with NHSE to develop a [Standards framework for shared-decision-making support tools, including patient decision aids](#) which is for people who use healthcare services and healthcare professionals. It helps them identify and understand the elements of a good quality patient decision aid (PDA), providing a clear guide to the content they should expect and how content should be presented.

The framework also supports those commissioning, developing, assuring or reviewing PDAs by including an easy-to-use self-assessment tool. This helps show how they have met standards essential in a PDA and identify further standards that might enhance the quality of their process or product.

The framework is divided into 2 sets of standards – essential and enhanced. Each set covers:

- the content of a PDA and its presentation, **and**
- the process for developing the PDA, including supporting information published alongside it to assess quality, rigour and reliability.

NICE has also worked with Keele University to develop a [SDM learning package](#), which has been designed to support the NICE shared decision making guideline and aims to equip healthcare professionals with the skills and knowledge they need have good quality shared decision making conversations with the people they are caring for.

The package is made up of 6 modules:

- Orientation and background
- Cognitive psychology: the science of how we all make decisions
- Evidence-based medicine
- Probability and uncertainty
- Consultation skills
- Knowledge: getting and staying up to date

Cholesterol Animations and Leaflets

As part of the national [Lipid Management and Familial Hypercholesterolemia \(FH\) programme](#), Health Innovation Oxford and Thames Valley, along with [North East North Cumbria HIN](#), [NHS England](#), [Spoonful of Sugar](#), [Heart UK](#) and [Creative Connection Animation Studio](#), worked with patients and clinicians to develop a series of animated videos and leaflets.

The animations and leaflets describe the importance of understanding cholesterol, the problems caused by blood fats being out of balance, and how to reduce the risks of having a cardiovascular event (e.g. heart attack or stroke).

Animation Playlists

- [Cholesterol Animation Playlist – English](#)
- [Cholesterol Animations – Further Languages](#)
(Albanian, Arabic, Hindi, Polish, Portuguese, Ukrainian, Urdu)

Leaflets

- [Cholesterol and you](#)
- [Preventing heart attacks](#)
- [Statins and you](#)

The leaflets are also available in seven other languages:
(Albanian, Arabic, Hindi, Polish, Portuguese, Ukrainian, Urdu)

- [Leaflets in further languages](#)

National resources

- NICE/NHSE [lipid management](#) and [statin intolerance](#) pathways
- Heart UK – [‘Tackling Cholesterol Together’](#)
- NICE Patient decision aid: [Should I take a statin?](#)

Resources to support patients having a Structured Medication Review

The Health Innovation Network, in partnership with patients and partners, have developed a range of patient information materials in different community languages to support and prepare people who have been invited for a medication review with their GP, pharmacist or other healthcare professional.

These materials are free to use and can be printed and used in paper format, or shared electronically with patients by email, text or any other electronic systems used within your workplace.

The resources are available in the following languages, including audio versions for visually impaired people and easy read versions for people with learning disabilities.

Please follow the link to find resources relevant to your ICB. [Resources to support patients having a Structured Medication Review - The Health Innovation Network](#)

(Languages include English, Arabic, Chinese Traditional (Cantonese), Chinese Simplified (Mandarin), Bengali, Gujarati, Somali, Polish, Punjabi Gurmukhi, Punjabi Shahmukhi, Romanian, Urdu) An animation is available to help patients think about their medicines and to prepare for a Structured Medication Review: [Animation](#)

- [Download a subtitled version of the animation here to show in your GP practice.](#) (Right-click to save the video to your computer.)
- [An alternative version of the animation without sound is also available to download here.](#)